

LA021 780319 You will feel totally Conscious

General Position:

Sit with a straight spine in a meditative posture.

Hands:

Interlace the fingers with the palms facing the body. Touch the thumb tip to the tip of the mercury (little) finger on each hand respectively.

Arms:

The mudra is held at shoulder level.

Legs:

Crossed or in any meditative sitting posture.

Breath:

Inhale completely and repeat the mantra j as you exhale. Inhale and begin again.

Eyes:

The eyes are nine-tenths closed.

Mantra:

Inhale deeply and chant the healing mantra:

RA MA DA SA! SA SAY SO HUNG! Make the SAY long and pause briefly between SA's. The mantra is chanted in a particular melody. Refer to tape for correct melody.

Length of time:

Practice for 31 minutes, then inhale, relax, breathe while stretching up for one minute.

Comments:

In the first 3-5 minutes you will feel enthusiastic about it. After another seven minutes you will be "badly relaxed" yawning and spacing out. The next 10 minutes will bring you to a different state of consciousness, ecstasy. The final 10 minutes, you will feel totally conscious.

